



I'm not robot



**Next**

# What do d

(colloquial) Shortened form of what did. contraction (colloquial) Shortened form of what would. contraction (colloquial) Shortened form of what had. contraction This shows grade level based on the word's complexity. [ wuht-ɪd, wot-, hwuht-, hwot-, wuhd, hwuhd ] / 'wɑt ɪd, 'wɒt-, 'wɒt-, 'wɑd / This shows grade level based on the word's complexity.contraction of what did: What'd you say?QUIZ YOURSELF ON HAS VS. HAVE!Do you have the grammar chops to know when to use "have" or "has"? Let's find out with this quiz! My grandmother \_\_\_\_\_ a wall full of antique cuckoo clocks.TAKE THE QUIZ TO FIND OUT! Meet Grammar CoachImprove Your Writing Meet Grammar CoachImprove Your Writing what, whata, what about, whataboutery, whataboutism, what'd, what-do-you-call-it, what do you know, what do you take me for?, whate'er, whateverDictionary.com Unabridged Based on the Random House Unabridged Dictionary, © Random House, Inc. 2022Sen. Claire McCaskill (D-MO), a leading voice on police demilitarization, was supportive of the White House announcement.C was a Captain, all covered with lace; D was a drunkard, and had a red face.D'o l'on peut aussy veoir, quelle esperance il y a de planter une belle chrestient par tels evangelistes.Neither of us spoke again, and at length the squat log buildings of Pend d' Oreille loomed ahead of us in the night.Raw Gold|Bertrand W. SinclairHe picked out that simple little study of Cramer in D major in the first book—you know it well—and asked me to play it.Music-Study in Germany|Amy Fay(d) Excess balances may, at the convenience of each federal reserve bank, remain deposited with the gold settlement fund.Readings in Money and Banking|Chester Arthur PhillipsWORD OF THE DAYrufescentadjective | [roo-fes-uhnt ]SEE DEFINITIONFEEDBACK© 2022 Dictionary.com, LLC Photo Courtesy: Justin Paget/DigitalVision/Getty Images Vitamin D is important for maintaining a healthy body, primarily because it helps you fully maximize your body's absorption and utilization of calcium, an important mineral that we all need. When paired with calcium, vitamin D helps regulate bone remodeling and growth, ensuring healthy, strong bones. Vitamin D can also help protect older adults from osteoporosis, which occurs due to excess bone loss from aging. Furthermore, this nutrient boosts your immune system and reduces inflammation within your body, potentially warding off future medical conditions in the process. It also plays a vital role in cell growth, neuromuscular functions and protein encoding. Studies have shown that a regular, healthy vitamin D intake can also serve as an antidepressant and make people feel generally happier. But that's not all you'll want to know about vitamin D.Sources of Vitamin DVitamin D is naturally found in certain foods and now appears in many more foods that have been fortified with added nutrients. The best sources of naturally occurring vitamin D are oily fish such as salmon, tuna, cod, sardines and mackerel. Fish liver oils are another good source of vitamin D. Small amounts of the nutrient are present in beef liver, cheese, egg yolks and mushrooms. Photo Courtesy: Alexander Spatari/Moment/Getty Images Commonly, vitamin D-fortified foods include whole milk, orange juice, margarine and breakfast cereals. It's important to look at the label and nutrition facts to verify that vitamin D is in a particular food you're considering. Because dairy products are often fortified with vitamin D, lactose intolerant or vegan individuals should keep an eye on their diets to ensure they get enough of the vitamin. Sun exposure is another method of naturally obtaining vitamin D, as our bodies can create their own vitamin D upon exposure to ultraviolet (UV) rays from the sun. However, it's difficult to gauge exactly how much sun exposure can generate sufficient vitamin D, as overexposure can be harmful, too. UV rays are also known to trigger free radicals, which can lead to skin cancer if left unchecked. It's been suggested that getting approximately 15 minutes of sun exposure between 10 a.m. and 3 p.m. at least twice a week to your face, arms, legs or back will help your body synthesize enough vitamin D. It's important to note that you can't cover the exposed area of your body with sunscreen if you choose to get vitamin D naturally. The SPF blocks UV rays and can hinder your body's ability to create vitamin D. If you're in the shade or behind a window, the rays will not get through. If the climate where you live is primarily cloudy, it's important to get your recommended amount of vitamin D via other means. Dietary supplements are also an excellent way of obtaining vitamin D. Supplements come in two forms: vitamin D3 (cholecalciferol), which is identical to the form your body makes when exposed to sunlight, and vitamin D2 (ergocalciferol), which differs slightly from D3 in its chemical side-chain structure. There's some evidence that vitamin D3 increases and maintains overall levels slightly better than vitamin D2.Side Effects of a Vitamin D DeficiencyVitamin D deficiency occurs when you don't adequately absorb the nutrient or when your kidneys can't convert the nutrient to its active form. This deficiency can result in medical conditions, two of which are called rickets and osteomalacia. Photo Courtesy: RealPeopleGroup/E+/Getty Images Rickets, a disease characterized by a failure of bone tissues to get enough minerals, can result in abnormal, soft bones and skeletal deformities. It's most common in children. Fortunately, it isn't permanent, and kids can consume as few as 1 to 3 teaspoons of cod liver oil a day to reverse the condition. With the help of fortified foods today, rickets is almost obsolete in the United States. Osteomalacia, characterized by soft and weak bones, is usually present in adults. It's commonly treated with an intense regimen of vitamin D replacement under the care of a physician.Vitamin D and Other Health ConditionsVitamin D deficiency has been linked to cardiovascular disease, and people with lower levels of vitamin D appear to be at an increased risk of having a heart attack or stroke. However, the exact relationship isn't clear, and there appears to be no benefit to cardiovascular risk in taking a vitamin D supplement. Photo Courtesy: PixelsEffect/E+/Getty Images Research is also ongoing to find if there's a link between vitamin D and multiple sclerosis (MS). It appears that vitamin D deficiency is linked to the development of MS, and people with MS and higher levels of vitamin D appear to have reduced disease activity. Low vitamin D has been linked to an increased risk of contracting respiratory illnesses such as influenza A. It appears that people with low vitamin D levels are at greater risk of severe novel coronavirus (COVID-19) infection. It's not clear yet if routine vitamin D supplementation would reduce this risk. Because vitamin D is a fat-soluble substance, it can stay in your body for several days. Thus, vitamin D poisoning is possible if you supplement too much vitamin D over a period of a few months. Symptoms of vitamin D overdose include dehydration, vomiting, decreased appetite, irritability, constipation and fatigue. If left unaddressed, vitamin D poisoning can lead to anorexia, over-calcification of the bones and internal organs, kidney stones and hypertension (high blood pressure). It's important to note that vitamin D poisoning usually only occurs with excessive intake of dietary supplements. It's highly unlikely to occur as a result of normal dietary intake and sun exposure.Daily Dosage RecommendationsThe recommended dietary allowances for vitamin D vary depending on your age and other health and life circumstances, such as pregnancy. For infants under 12 months, the recommended intake is 400 international units (IU) or 10 micrograms (mcg). For individuals under 70 years old, the recommended intake is 600IU (15mcg). For individuals over 70 years old, the intake increases to 800IU (20mcg). Photo Courtesy: katleho Seisa/E+/Getty Images If you have a pre-existing medical condition or other medical concerns, it's best to talk to a healthcare professional about determining your recommended dietary allowance for vitamin D. This way, you can be sure the vitamin doesn't interact negatively with your condition or medication. Resource Links: 20D%20deficiency.pdf MORE FROM SYMPTOMFIND.COM abbreviation abbreviation Something shaped like the letter D. noun abbreviation The symbol for the isotope deuterium. In biochemistry, a symbol used as a prefix to indicate the spatial configuration of certain organic compounds with asymmetric carbon atoms. It is used if an organic compound has a configuration about an asymmetric carbon atom analogous to that of D-glyceraldehyde (the arbitrarily chosen standard), in which the hydroxy (OH) functional group is on the right side of the asymmetric carbon atom. The symbol for the Roman numeral 500. abbreviation abbreviation I'd rather walk than drive. abbreviation abbreviation noun The lowest passing grade given to a student in a school or college. noun abbreviation abbreviation The fourth letter of the English alphabet: from the Greek delta, a borrowing from the Phoenician. noun Any of the speech sounds that this letter represents, as, in English, the (d) of dog. noun A type or impression for d or D. noun The fourth in a sequence or group. noun The definition of d is the fourth letter in the English alphabet. An example of d is the first letter of the word "down." noun The second tone in the scale of C major or the fourth tone in the relative minor scale. noun A key or scale in which D is the tonic. noun A written or printed note representing this tone. noun A string, key, or pipe tuned to the pitch of this tone. noun abbreviation (chiefly british) Penny (1/2 of a shilling) abbreviation noun Fourth in a sequence or group. adjective adjective abbreviation abbreviation abbreviation abbreviation abbreviation abbreviation abbreviation A Roman numeral for 500; with a superior bar (̄), 500,000 or, less often, 5,000 noun (educ.) A grade indicating below-average work, or merely passing. noun The second tone or note in the ascending scale of C major. noun A key, string, etc. producing this tone. noun The scale having this tone as the keynote. noun Below average in quality. adjective abbreviation abbreviation abbreviation abbreviation abbreviation Drive (on automotive automatic-shift indicators) abbreviation abbreviation affix (chem.) Having an asymmetrical, right-handed spatial arrangement of atoms: usually printed as a small capital. affix affix affix affix affix abbreviation In biochemistry, a symbol used as a prefix to indicate the spatial configuration of certain organic compounds with asymmetric carbon atoms. It is used if an organic compound has a configuration about an asymmetric carbon atom analogous to that of D-glyceraldehyde (the arbitrarily chosen standard), in which the hydroxy (OH) functional group is on the right side of the asymmetric carbon atom in a Fischer projection formula. none Abbreviation of diameter. An object-oriented programming language written by Walter Bright in 1999. It is similar to C/C++, but adds garbage collection, various array manipulations and numerous other features not found in C/C++, C# or Java. For more information, visit [www.digitalmars.com](http://www.digitalmars.com). In physics, the symbol for dispersion. See dispersion. Referring to an ISDN data (D) channel, also known as a delta (D) channel (from the phonetic alphabet), which is a channel designated for out-of-band signaling and control functions. See also D channel. The fourth letter of the modern English alphabet. noun Any of the speech sounds represented by the letter d. noun abbreviation abbreviation

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